

	Hétfő	Kedd	Szerda	Csütörtök	Péntek	Szombat	Vasárnap	
06 00	Iron Bars - Texas	Kettlebell Challenge - Venice Beach	Bodylicious - Long Island	Iron Bars - LA	Power Circle	Aerobics	Booty Booster	06 00
06 30		Burning HIIT						Bootcamp
07 00	<b>LIVE! Has Láb Popsi</b>	Iron Bars - L.A.	<b>LIVE! Teljes Test Edzés</b>	Kettlebell Challenge - Utah	<b>LIVE! Core Edzés</b>	Yoga Vinyasa	Bodylicious - Long Island	07 00
07 30				Aerobics				
08 00	David Kirsch's Body Blast	Bodylicious Express - Long Island	Iron Bars - Texas	Pure Pilates	Burning HIIT	Kettlebell Challenge - Utah	Iron Bars - LA	08 00
08 30	Burning HIIT	Booty Booster						Iron Bars Express - L.A.
09 00	Pure Pilates	Sixpack Attack - Miami	Yoga Spirits	Booty Booster	Yoga Vinyasa	Ninja Power	Step Up - Downtown L.A.	09 00
09 30		Bootcamp	Ninja Power	Step Up - Downtown L.A.			Stretch & Relax	Move it! Latin - Miami
10 00	Booty Booster	Bodylicious - Long Island	Step Up - Miami	Bodylicious Express - Long Island	AthletiCore	Iron Bars - L.A.	<b>LIVE! Kezdő Hatha Jóga</b>	10 00
10 30	Step Up - Downtown LA			Kettlebell Challenge - Utah	Ballet Fit			David Kirsch's Body Blast
11 00	Bodylicious - Santa Monica	David Kirsch's Plank Workout	David Kirsch's Body Blast	Power Circle	Bootcamp	Sixpack Attack - Malibu	<b>LIVE! Jóga Flow</b>	11 00
11 30		Yoga Vinyasa	Mobility & Balance			Aerobics		Ballet Fit
12 00	Stretch & Relax	Lunch Break Energizer	Bodylicious - Santa Monica	Lunch Break Energizer	Iron Bars - Texas	Booty Booster	David Kirsch's Beach Body Bootcamp	12 00
12 30	Aerobics					Move it! Hip Hop - L.A.		Step Up - Miami
13 00	Kettlebell Challenge - Utah	Burning HIIT	AthletiCore	David Kirsch's Beach Body Bootcamp	Bodylicious Express - Long Island	David Kirsch's Plank Workout	Power Circle	13 00
13 30	Iron Bars Express - L.A.	Move it! Hip Hop - L.A.	Stretch & Relax	Iron Bars Express - Texas	Kettlebell Challenge - Utah	Yoga Power	Lunch Break Energizer	13 30
14 00	David Kirsch's Beach Body Bootcamp	Step Up - Miami	Fight Challenge	Bodylicious - Long Island	Step Up - Downtown L.A.	Move it! Jazz Dance	Iron Bars Express - Texas	14 00
14 30	Yoga Spirits	Ballet Fit	Booty Booster			Healthy Back	Mobility & Balance	Aerobics
15 00	AthletiCore	Bodylicious - Santa Monica	Iron Bars Express - Texas	Yoga Power	Bodylicious - Santa Monica	Power Circle	Bodylicious - Santa Monica	15 00
15 30	Booty Booster			Pure Pilates				Burning HIIT
16 00	Bodylicious - Long Island	Iron Bars Express - L.A.	David Kirsch's Plank Workout	Kettlebell Challenge - Venice Beach	Ninja Power	Move it! Line Dance	David Kirsch's Plank Workout	16 00
16 30		Strong Spine			Sixpack Attack - Miami	Sixpack Attack - Malibu	Pure Pilates	Kettlebell Challenge - Venice Beach
17 00	<b>LIVE! Teljes Test Edzés</b>	<b>LIVE! Hot Iron® Cross</b>	<b>LIVE! Zsírégető</b>	Yoga Vinyasa	<b>LIVE! Zsírégető</b>		Booty Booster	17 00
17 30								
18 00	<b>LIVE! Pilates</b>	<b>LIVE! Core Edzés</b>	<b>LIVE! Hot Iron®1</b>	<b>LIVE! Has Láb Popsi</b>	Power Circle	AthletiCore	Iron Bars - L.A.	18 00
18 30		<b>LIVE! Has Láb Popsi Express</b>						
19 00	<b>LIVE! Hot Iron®1</b>	<b>LIVE! Zumba Fitness®</b>	<b>LIVE! Kocka Has!</b>	<b>LIVE! Zumba Fitness®</b>	Kettlebell Challenge - Venice Beach	Ninja Power	Stretch & Relax	19 00
19 30					<b>LIVE! H.I.I.T.</b>		Bootcamp	Iron Bars - Texas
20 00	<b>LIVE! Zsírégető</b>	<b>LIVE! Teljes Test Edzés</b>	<b>LIVE! Dinamikus Jóga</b>	Step Up - Miami	Iron Bars - LA	Sixpack Attack - Miami	Yoga Vinyasa	20 00
20 30								
21 00	Sixpack Attack - Miami	Power Circle	Kettlebell Challenge - Utah	Sixpack Attack - Malibu	Sixpack Attack - Miami	Bodylicious - Long Island	Bootcamp	21 00
21 30	Booty Booster			Iron Bars Express - LA	Booty Booster			AthletiCore
22 00	Kettlebell Challenge - Venice Beach	Healthy Back	Sixpack Attack - Miami	Power Circle	Mobility & Balance	Bootcamp	Power Circle	22 00
22 30	Iron Bars Express - Texas	Kettlebell Challenge - Utah	Art of Tai Chi			Ninja Power		David Kirsch's Plank Workout
23 00	Burning HIIT	Aerobics	Bootcamp	Stretch & Relax	Yoga Spirits	Fight Challenge	Strong Spine	23 00
23 30	Mobility & Balance	Yoga Power	Strong Spine	Mobility & Balance	Burning HIIT	Art of Tai Chi	Go virtual! Performance	23 30

	Hétfő	Kedd	Szerda	Csütörtök	Péntek	Szombat	Vasárnap	
06	Cycling Pro II - Downtown LA	Cycling Basic I - Brooklyn	Cycling Pro I - Las Vegas	Cycling Basic II - Bronx	Miami Cycling II	Go virtual! Cycling	Cycling Pro II - Downtown LA	06
30		HIIT Cycling - Bronx	Cycling Basic I - Brooklyn			HIIT Cycling - Bronx		30
07	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Las Vegas	Cycling Basic I - Malibu	07
30			HIIT Cycling - Bronx			Cycling Basic I - Brooklyn	Go virtual! Cycling	30
08	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown L.A.	Miami Cycling II	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	08
30	Go virtual! Cycling			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas			30
09	Cycling Pro II - Detroit	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Miami Cycling II	Cycling Basic I - Brooklyn	Cycling Pro I - Downtown L.A.	Miami Cycling II	09
30		Go virtual! Cycling			Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		30
10	Cycling Basic I - Brooklyn	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	10
30	Valley of Fire Cycling Challenge			Joshua Tree Park Trail	Go virtual! Cycling		Miami Cycling I	30
11	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Basic I - Malibu	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Cycling Pro II - Las Vegas	HIIT Cycling - Bronx	11
30	Miami Cycling I		Venice Beach Ocean Ride				Go virtual! Cycling	30
12	Cycling Pro II - Downtown L.A.	Miami Cycling II	HIIT Cycling - Bronx	Cycling Basic I - Brooklyn	Cycling Pro II - Detroit	Go virtual! Cycling	Big Sur Pacific Trip	12
30			Go virtual! Cycling	Valley of Fire Cycling Challenge		Cycling Pro I - Downtown L.A.	Cycling Basic I - Brooklyn	30
13	Cycling Basic II - Malibu	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	Miami Cycling I	Miami Cycling II	Cycling Basic II - Bronx	13
30		Cycling Basic I - Brooklyn			HIIT Cycling - Bronx			30
14	HIIT Cycling - Bronx	Cycling Pro II - Detroit	Cycling Basic II - Malibu	Go virtual! Cycling	Cycling Basic I - Malibu	Cycling Pro II - Downtown L.A.	Cycling Pro II - Las Vegas	14
30	Cycling Pro I - Las Vegas			Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			30
15	Miami Cycling II	Joshua Tree Park Trail	Miami Cycling I	Cycling Basic II - Malibu	Cycling Basic II - Bronx	Cycling Pro I - Las Vegas	Valley of Fire Cycling Challenge	15
30		Cycling Pro I - Las Vegas	Cycling Pro I - Downtown L.A.			HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	30
16	Cycling Basic I - Brooklyn	Go virtual! Cycling	Miami Cycling II	Cycling Pro I - Downtown L.A.	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Basic I - Malibu	16
30	Cycling Pro I - Downtown L.A.	Cycling Basic I - Malibu		Miami Cycling I		Cycling Basic I - Malibu	Cycling Pro I - Downtown L.A.	30
17	<b>LIVE! Cycling</b>	Cycling Pro II - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro II - Downtown L.A.	Miami Cycling I	Cycling Pro II - Detroit	Cycling Pro II - Downtown L.A.	17
30			Cycling Pro I - Las Vegas		Big Sur Pacific Trip			30
18	<b>LIVE! Cycling</b>	Miami Cycling I	<b>LIVE! Cycling</b>	HIIT Cycling - Bronx	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	18
30		HIIT Cycling - Bronx		Cycling Basic I - Malibu			Cycling Basic I - Brooklyn	30
19	Cycling Basic II - Bronx	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	Cycling Pro II - Detroit	Cycling Basic I - Brooklyn	Cycling Pro II - Downtown LA	Cycling Pro II - Detroit	19
30			Cycling Basic I - Brooklyn		Cycling Pro I - Las Vegas			30
20	HIIT Cycling - Bronx	Cycling Pro I - Downtown L.A.	Cycling Pro II - Las Vegas	Cycling Pro I - Downtown L.A.	HIIT Cycling - Bronx	Cycling Pro I - Las Vegas	Miami Cycling I	20
30	Cycling Basic I - Brooklyn	Cycling Basic I - Brooklyn		Cycling Basic I - Brooklyn	Miami Cycling I	Go virtual! Cycling	Cycling Pro I - Downtown L.A.	30
21	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Go virtual! Cycling	Cycling Pro I - Las Vegas	Cycling Pro II - Detroit	Cycling Pro II - Las Vegas	Cycling Basic II - Malibu	21
30			Miami Cycling I	Go virtual! Cycling				30
22	Cycling Basic I - Malibu	Miami Cycling II	Cycling Pro II - Detroit	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Basic I - Brooklyn	Miami Cycling II	22
30	Go virtual! Cycling				Go virtual! Cycling	Venice Beach Ocean Ride		30
23	Venice Beach Ocean Ride	Cycling Pro I - Las Vegas	Cycling Pro II - Downtown LA	Cycling Pro II - Las Vegas	Cycling Basic II - Bronx	Cycling Pro I - Downtown LA	Cycling Pro I - Las Vegas	23
30	Cycling Pro I - Downtown LA	Big Sur Pacific Trip				Cycling Basic I - Malibu	Joshua Tree Park Trail	30